



Rhode to Health

IT'S YOUR CHOICE!

Featured Products

Fast Reference for Fast Food

If you choose to eat fast foods, remember that some choices are better than others. You want to consider fat, cholesterol and carbohydrate content in your choices, but counting calories is a great place to start...

...and when it comes to calories, what you don't know *can* hurt you. When counting carbohydrates, sometimes what's labeled low-carb is not the best choice. Here is a list of featured menu items.

Check out these comparisons and **make *your* choice an informed choice!**

Burger King		
Low Carb Angus Steak Burger W/Bacon and Cheese 500 Calories, 7g carbs	VS.	Low Carb Angus Steak Burger 350 calories, 5g carbs
Grilled Shrimp Caesar Salad Creamy Garlic Caesar Dressing 320 calories, 16g carbs	VS.	Grilled Shrimp Caesar Salad Fat Free Ranch Dressing 220 calories, 16g carbs
King Size Onion Rings 550 calories, 70g carbs	VS.	Small Onion Rings 180 calories, 22g carbs
Medium ICEE Coca Cola 450 calories, 13g carbs	VS.	Medium Diet Coke 0 calories, 0g carbs
McDonald's		
Crispy Chicken Bacon Ranch Salad Ranch Dressing 510 calories, 31g carbs	VS.	Side Salad Low Fat Balsamic Vinaigrette 55 calories, 7g carbs
Bacon, Egg, and Cheese Mc Griddle 440 calories, 43g carbs	VS.	Egg Mc Muffin 290 calories, 30g carbs
Hot Caramel Sundae 340 calories, 62g carbs	VS.	Apple Dippers w/ low fat Caramel Dip 100 calories, 22g carbs
Strawberry Shake (16 oz) 560 calories, 97g carbs	VS.	Fruit 'N Yogurt Parfait Without Granola 130 calories, 25g carbs
Chicken Selects (3 piece) Creamy Ranch Sauce 580 calories, 31g carbs	VS.	Chicken McNuggets (6 piece) Barbeque sauce 295 calories 26g carbs
Wendy's		
Homestyle Chicken Strips Salad Creamy Ranch Dressing 670 calories, 38g carbs	VS.	Spring Mix Salad, w/Pecans Fat Free French Dressing 390 calories, 36g carbs

Pizza Hut		
Personal Pan Cheese Pizza 6" 630 calories, 71g carbs	VS.	Cheese Pizza (2 slices of a medium) 560 calories, 58g carbs
Buffalo Chicken Pan Pizza (2 Slices of a medium) 562 calories, 56g carbs	VS.	Thin 'N Crispy Buffalo Chicken Pizza (2 slices of a medium) 400 calories, 40g carbs
Taco Bell		
Grilled Steak Soft Taco 280 calories, 21g carbs	VS.	Grilled Steak Soft Taco Fresco Style 170 calories, 21g carbs
Grilled Stuft Beef Burrito 730 calories, 79g carbs	VS.	Beef Burrito Supreme 440 calories, 51g carbs
Subway		
Grilled Chicken & Spinach Salad with Atkins® dressing "Sweet As Honey" Mustard 620 calories, 11g carbs	VS.	Garden Fresh Salad w/ Tuna Red Wine Vinaigrette 260 calories , 14 g carbs
Chicken Bacon Ranch Wrap 440 calories, 17 g carbs	VS.	Mediterranean Chicken Wrap 350 calories, 17 g carbs
Dunkin' Donuts		
Caramel Swirl Latte 230 calories, 36g carbs	VS.	Latte 120 calories, 10g carbs
Vanilla Chai 230 calories, 40 g carbs	VS.	French Vanilla Coffee w/skim milk 25 calories, 4g carbs
Bacon, Ham, Egg and Cheese Bagel 570 calories, 69g carbs	VS.	Ham, Egg and Cheese English Muffin 310 calories, 34g carbs

Member organizations of "Rhode to Health" are: Bradley Hospital, Butler Hospital, Care New England Wellness Centers, Eleanor Slater Hospital, Kent Hospital, Landmark Medical Center, Memorial Hospital of RI, Newport Hospital, Our Lady of Fatima Hospital, Rehabilitation Hospital of RI, RI Department of Health, Rhode Island Hospital, Roger Williams Medical Center, St. Joseph Hospital for Specialty Care, South County Hospital, The Miriam Hospital, Westerly Hospital, Women and Infants Hospital of RI

"Rhode to Health" accepts no responsibility for the accuracy of the calorie values assigned herein. The values as of September 29, 2004 were obtained directly from the food vendors and are believed to be correct but are not guaranteed and are subject to change.